

FAB

Fun, **A**dvocacy, and **B**rainpower

NOV



Rights and Diversity

Agenda



Introductions



Ground Rules



1. Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.



2. Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



3. Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



Fun Games

- Enjoy playing one or more of the games for the month.
- Share one or more of the wonderful recipes at your meeting.
- See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- End with asking if anyone has any questions or comments.



Games

Emoji Game

Game1



1. Each person gets a half sheet of paper.
2. Each person draws an emoji face on the paper. Then on the back of the paper they write something they would like to improve themselves.
3. Example below:

Write on the back:

Sometimes I lose my focus



- Each person takes a turn and describes why they chose that emoji.
- Then they will discuss how they can improve that skill and make it a positive attribute.
- There is no wrong or right answer. No one is allowed to be judgmental towards anyone.

Get-to-Know-You Questions

Game2

Description: Most people will not know each other well in a group that's just forming.

Using this icebreaker helps create friendship and community within the group.

Simply ask one of these questions and give everyone enough time to answer.

Your goal is not to answer all these questions, but we have provided them to give you options.

- What do you do for fun?



- What would be your ideal vacation?

- What's your favorite memory?



- What is something you like about a friend?

- What is one thing you received from your parents you want to keep and one you wish you could change? For example, your eye color.



- What is a good thing happening in your life right now? What makes it good?
- If you knew money were no object, what would you like to do in the next five years?
- What would you like said about you at your funeral?

Tips: If you want to use this icebreaker for your first small group, plan on spending most of the time answering the questions you have chosen from the list.

Ideal group size: Up to 15 people.

Ideal age group: College age and older.

Great for: Newly formed groups.

Give your group space to be open with one another. If the questions above do not fit your group, come up with your own.



The important thing is for people to share about themselves and practice listening well.



Diversity Bingo

Game3



Diversity bingo helps individuals learn about other cultures from around the world.

What you need:

Bingo cards with images that relate to a specific culture and a large set of picture cards with the same images as those on the bingo card. Chopsticks or a sombrero are examples.



What you do:

In each square of the bingo card, place an image of something from a specific culture. To play, hold up one of the large set of pictures; tell the individuals (or ask them) what the picture is and what culture it comes from. The person who gets five across, down, or diagonally win.



Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes, and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



[How to Promote Diversity In Your Everyday Life | The Ad Council](#)



<https://ampglobalyouth.org/2020/06/20/5-reasons-diversity-important-21st-century>

<https://www.alliant.edu/blog/what-are-4-types-diversity>



<https://www.mvorganizing.org/what-are-the-7-key-areas-of-diversity-and-their-characteristics/>



<https://www.dol.gov/agencies/odep/program-areas/employers/diversity-inclusion>

Interacting with Law Enforcement; Being Safe:



<https://www.youtube.com/watch?v=35DAtZ9GHJ0>

https://cops.usdoj.gov/html/dispatch/05-2019/intel_disability.html



<https://www.statefarm.com/simple-insights/auto-and-vehicles/pulled-over-what-every-driver-should-be-ready-to->

[do#:~:text=1%20Slowly%20pull%20over.%20Use%20your%20turn%20signal,may%20leave%20C%20put%20on%20your%20turn%20signal%20">do#:~:text=1%20Slowly%20pull%20over.%20Use%20your%20turn%20signal,may%20leave%20C%20put%20on%20your%20turn%20signal%20](#)

Human Rights



<https://www.unicef.org/child-rights-convention/what-are-human-rights>

[Human Rights | United Nations](#)

<https://www.un.org/en/about-us/universal-declaration-of-human-rights>

Virtual Board



Cooking Ideas and Exercise

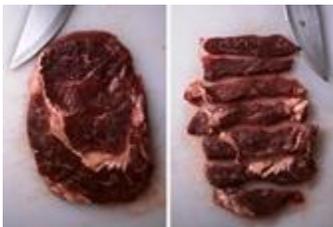


Recipes:

Instant Pot Pepper Beef – Mooshu Jenne

Ingredients

- 1 lb. stir fry beef (or skirt steak)



- 1 red bell pepper; quartered



- 5 tablespoons soy sauce
- 1 green bell pepper; quartered
- 1 bundle spring onion; quartered
- 3 tablespoons brown sugar
- 1 tablespoon minced garlic from a jar



Instructions

- Chop bell peppers and spring onions. Set aside.
- Place beef into the instant pot.



- Add 3/4 cup water.



- Add one tablespoon soy sauce.



- Set to high pressure for 20 minutes. Once the instant pot stops counting release the pressure after 5 minutes via quick release.

- Drain juice from beef.



- Mix together brown sugar, remaining 4 tablespoons of soy sauce, ginger, garlic, and hoisin sauce. Stir well.



- Add bell peppers and spring onions to the instant pot and place the pot on sauté mode. Stir fry vegetables for about 3 minutes with the beef.



- Pour in sauce and cook for another 3 to 5 minutes until it caramelizes around the beef.
- Serve with steamed white rice with chives from the spring onions.



Classic Vanilla Cake Recipe | How to Make Birthday Cake - YouTube



S'mores Treats



1. In the Microwave heat the butter and 10 ounces of marshmallows. With the microwave setting on High, heat for 3 minutes.
2. Stir the melted butter and marshmallows.
3. AFTER two minutes of cooling,
4. Enjoy the treat!



November Exercises

1. You can do this Sitting or Standing!

[How Do I Stay Fit On the Job? - Training & Careers - POLICE Magazine](#)

[Cross-body shoulder stretch | Exercise Videos & Guides | Bodybuilding.com](#)

This article gives a list of exercises police do daily to stay fit and healthy. But most importantly “Flexibility is key.” After hours of sitting still, jumping out of a car and chasing someone at full speed can injure even the most athletic individual.

Cross-body Shoulder Stretch Images



Cross-body shoulder Stretch Instructions

Reach your left arm across your body and hold it straight. With your right hand, grasp your left elbow and pull it across your body towards your chest.

Seated Triceps Dips

1. Sit on a chair.



2. Place your hands on the armrests of the chair.



3. Push yourself up with your arms fully extended, then slowly lower yourself.



3. [How to exercise to keep your immune system healthy - YouTube](#)

